

APPLE CRISP

Apple Crisp

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving = 1/7th of dish)

Nutrition (per serving)

Calories: 172

Total Carbohydrate: 29

Total Fat: 6 g

Dietary Fiber: 4.5 g

Saturated Fat: 1 g

Protein: 3 g

Sodium: 127 mg

Ingredients

- 4 Red Delicious apples, cored and sliced thin (or other sweet apples)
- 1 teaspoon ground cinnamon

Topping

- $\frac{3}{4}$ cup dry oats (use certified gluten free oats for GF version)

- $\frac{1}{2}$ teaspoon pure vanilla extract
- Cooking spray

- $\frac{1}{3}$ cup white whole wheat flour (use gluten free flour blend for GF version)

- 2 Tablespoons Splenda® brown sugar blend
- 2 Tablespoons Smart Balance® light tub margarine
- 1/3 cup chopped pecans
- ½ teaspoon ground cinnamon

Directions

1. Preheat oven to 350 degrees.
2. In a small bowl, toss apples with cinnamon and vanilla and coat evenly.
3. Spray an 8 x 8 inch baking dish with cooking spray and place apples in bottom.
4. In another small bowl, combine all topping ingredients. Using a fork, cut margarine into mixture until finely crumbled throughout. Pour evenly on top of apples.
5. Bake for 40-45 minutes or until apples are cooked to desired softness.
6. Serve with frozen yogurt.